

## CITY OF LEWISTON RECREATION



## LEWISTON RECREATION DIVISION FALL/WINTER 2016/2017 PROGRAM GUIDE

SCAN THIS QR CODE TO GO TO THE RECREATION WEBSITE



# LEWISTON RECREATION DIVISION IMPORTANT INFORMATION

## BUSINESS HOURS:

8:00am - 4:30pm (Monday - Friday)  
*Drop box available after hours*

## THE RECREATION DIVISION IS CLOSED FOR THE FOLLOWING HOLIDAYS:

*Labor Day* - Monday, 09/5/2016  
*Columbus Day* - Monday, 10/10/2016  
*Veterans Day* - Friday, 11/11/2016  
*Thanksgiving Day/Day After*  
*Thanksgiving* - Thursday, 11/23/2016 & Friday, 11/24/2016  
*Christmas Observed* - Monday, 12/26/2016  
*New Year's Day Observed* - Monday, 01/2/2017  
*Martin Luther King Day* - Monday, 01/16/2017  
*Presidents Day* - Monday, 02/20/2017

## STAFF

Jason Hanken - Recreation Superintendent  
jhanken@lewistonmaine.gov

Joseph Crocker - Program Coordinator  
jcrocker@lewistonmaine.gov

Cheryl Morin - Senior Principal Clerk  
cmorin@lewistonmaine.gov

Visit [www.lewistonmaine.gov](http://www.lewistonmaine.gov),  
[www.lewrec.blogspot.com](http://www.lewrec.blogspot.com), or  
[Facebook.com/lewistonrec](https://www.facebook.com/lewistonrec) for updates.

We reserve the right to: Reschedule, postpone or cancel activities, programs; change locations; or make other changes as required or necessary

The Lewiston Recreation Division does not discriminate because of race, sex, color, age, national origin, religion, political affiliation, or disability in its employment opportunities, programs, services, or activities.

## PROGRAM REGISTRATION

**Advance registration is required for most programs and many fill up quickly. Please register early!**

Ways to Register (please have program and payment information ready):

- In Person: Lewiston Armory, Mon. - Fri. 8:00 am - 4:30 pm  
65 Central Ave., Lewiston
- Phone: (207) 513-3005
- Fax: (207) 786-0783
- Mail: 65 Central Ave., Lewiston, ME 04240

## RESIDENCY AND FEES

Lewiston residents pay discounted program fees due to contributions to the local tax base. Program registration fees are per person unless otherwise noted

All prices and programs are subject to change.

## REFUND POLICY

Our refund policies vary by program or event. Please read activity specific newsletters for complete details.

**\$10.00 Administration fee is charged on all refunds.**

## WEATHER

Many Lewiston Recreation activities are held in outdoor settings. In general, these activities are held rain or shine. Please plan accordingly and be prepared for anticipated conditions. Cancellation notices are posted to the blog and Facebook pages.

## RISK

All recreational activities, including those offered by LRD, have inherent risks which include personal injury and property loss or damage. Prior to participation, you may be required to sign a form acknowledging your understanding and acceptance of these risks (parents/guardians must sign for youth 17 and under) and waiving your rights for claims of negligence.

## PHOTOGRAPHS

The Lewiston Recreation Division reserves the right to use photos taken of visitors while they are at LRD facilities or LRD-related events for publicity purposes.



# YOUTH ACTIVITIES



## INTRODUCTION TO FIELD HOCKEY

This is a six week "Introduction to Field Hockey" Program. It is a clinic run by Seacoast United Field Hockey Coaches where the fundamentals of Field Hockey are introduced and practiced.

**AGE:** 6-14 (Must be 6 years old by 9/1/16)  
**COST:** \$70, \$50 Lewiston Resident Discount  
**WHEN:** Tuesdays - September 13<sup>th</sup> - October 18<sup>th</sup>  
**TIME:** 4:30 - 6:30 pm  
**WHERE:** Marcotte Park (Caron Street) near the Androscoggin Bank Colisée

**Equipment needed:** Cleats, mouth guard and approved eye gear. Sticks, shin guards & balls will be supplied by the Recreation Division.



## LITTLE ARTISTS

Children will participate in weekly Little Artist s program. Supplies will be included in cost. Bring Apron/oversize t-shirt each week. Different projects weekly. Pick day /session requesting.

**AGE:** 3-7  
**COST:** \$45, \$25 Lewiston Resident Discount  
**WHEN:** Saturdays  
Session 1: September 17<sup>th</sup> - October 8<sup>th</sup>  
Session 2: January 7<sup>th</sup> - January 28<sup>th</sup>

**TIMES:**  
Beginner: 9:00am -10:00am (3 to 5 year olds)  
Intermediate: 10:30am - 11:30am (5-7 year olds)  
**WHERE:** Lewiston Recreation Division (Armory)  
65 Central Ave., Lewiston

**REGISTER EARLY! SESSION FILLS UP FAST!**  
**LIMITED TO 40 YOUTH.**



## HALLOWEEN CELEBRATION

Saturday, October 22, 2016  
12 noon to 2:00 pm  
at the LEWISTON MEMORIAL ARMORY  
65 CENTRAL AVE.

**AGE:** Pre-schoolers through Grade 6.  
Parents/Guardians must accompany children.

Games, prizes, face painting,  
music, and much much more!!

## TRUNK OR TREAT IN THE PARKING LOT.

We will have car trunks decorated for kids to go car to car to get candy. Come enjoy this version of trick-or-treating in our parking lot. Contact the Recreation Division today to sign your trunk up.

## SOCCER INSTRUCTIONAL

**AGE:** 4-9  
(Must be 4 years old by 9/10/16)  
**COST:** \$70, \$50 Lewiston Resident Discount (Includes T-shirt)



**WHEN:** Saturdays – September 10<sup>th</sup> to October 15<sup>th</sup>

**Mini-KICKERS (Ages 4 to 5):** 8:15 am - 9:15 am  
**Description:** Mini-Kickers is for the beginner soccer player who is learning the basic fundamentals of dribbling, passing, and teamwork!

**LITTLE KICKERS (Ages 6 to 7):** 9:30 am - 10:30 am  
**Description:** Little Kickers is for the player who has some soccer experience and is looking to learn more about passing, dribbling, and actual game play!

**BIG KICKERS (Ages 7 to 9)** 10:45 am - 11:45 am  
**Description:** Big Kickers is for the experienced soccer player that is looking to improve on their soccer abilities!

**WHERE:** Marcotte Park (Caron Street) near the Androscoggin Bank Colisée

**Equipment needed:** Cleated shoes are optional. Shin guards are required.

OCTOBER 1 & 2, 2016  
Lewiston - Auburn, Maine



# THE DEMPSEY CHALLENGE

presented by  
**AMGEN**

In HONOR  
In MEMORY  
In SUPPORT

RUN  
WALK  
CYCLE  
DONATE  
VOLUNTEER

## Who Are You There For?



REGISTER TODAY AT  
[dempseychallenge.org](http://dempseychallenge.org)

100% of funds raised by Dempsey Challenge participants directly benefit the Dempsey Center, allowing us to provide free support, education, and complementary therapies to anyone impacted by cancer.



THE PATRICK DEMPSEY CENTER FOR  
Cancer Hope & Healing





# HALLOWEEN CELEBRATION

## OCTOBER 22



Games, prizes, face painting, music, and much much more!!

### Trunk or Treat in the parking lot

We will have car trunks decorated for kids to go car to car to get candy. Come enjoy this version of trick-or-treating in our parking lot. Contact the Recreation Division today to sign your trunk up.

**AGE:** Up to 6th Grade

**COST:** FREE

**WHEN:** Saturday October 22<sup>nd</sup> 12:00 pm - 2:00 pm

**WHERE:** Lewiston Recreation Division (Armory)  
65 Central Ave., Lewiston

**TRUNKS  
NEEDED**

Join Us For  
**Trunk  
or  
Treat**



# YOUTH ACTIVITIES

## SEACOAST



## MAINE



### INDOOR FUTSAL SOCCER

Futsal is here in Lewiston! This modified soccer game is meant for indoors with no walls necessary! Futsal places the emphasis on technical skill, ball control, and passing by using a special Futsal Ball. Seacoast United will teach you the exciting and fast growing sport of Futsal!

**AGE:** 9-13 (Instructional & Game Play)

**COST:** \$40

**WHEN:** Sundays - 8:30 am - 9:30 am

**DATES:** Session 1: January 8<sup>th</sup> - February 12<sup>th</sup>  
Session 2: March 5<sup>th</sup> - April 9<sup>th</sup>

**WHERE:** Lewiston Recreation - 65 Central Ave.

**AGE:** High School (Game Play with some Instruction)

**COST:** \$60, \$40 Lewiston Resident Discount

**WHEN:** Sundays - 9:30 am - 11:00 am

**DATES:** Session 1: January 8<sup>th</sup> - February 12<sup>th</sup>  
Session 2: March 5<sup>th</sup> - April 9<sup>th</sup>

**WHERE:** Lewiston Recreation - 65 Central Ave

### DISCOUNT LIFT TICKETS

Get your discounted Lift tickets for those winter getaways. This winter we will have tickets to Sunday River, Shawnee Peak and more!  
Grab your tickets at the Recreation Division!



**Sunday River**



**sugarloaf/usa®**

### CO-ED WINTER BASKETBALL LEAGUE

**AGE:** Grades 1-8  
Micros (Grades 1 & 2)  
Minors (Grades 3 & 4)  
Majors (Grades 5 & 6)  
Juniors (Grades 7 & 8)

**COST:** \$70, \$50 Lewiston Resident Discount  
Anyone registering LATE will be placed on a wait list

**WHEN:** Games are Saturdays  
November - February

#### **PLAYER EVALUATIONS - THESE ARE MANDATORY**

MINORS - Wednesday, 11/2 - 5:45 pm

MAJORS - Wednesday, 11/2 - 6:45 pm

JUNIORS - Wednesday, 11/9 - 6:45 pm

#### **PROGRAM HIGHLIGHTS APPROXIMATE DIVISIONS & TIMES**

\* Regular season games on Saturdays:

Micros: 9:00 am -10:00 am

Minors: 10:00 am-11:00 am

Majors: 11:00 am -1:00 pm

Juniors: 1:30 pm - 3:30 pm

Practice once a week

Minors-Monday

Majors-Wednesday

\* Times are subject to change depending on number of youth

**WHERE:** Lewiston Memorial Armory  
65 Central Ave., Lewiston.

If you are interested in volunteering as a coach, assistant coach, referee or scorekeeper, please contact the Recreation Division.



### KINDER BASKETBALL

**AGE:** 4-6

**COST:** \$50, \$30 Lewiston Resident Discount

**WHEN:** Saturdays  
January 7<sup>th</sup> - February 11<sup>th</sup>, 8:00 am - 9:00 am

**WHERE:** Lewiston Recreation Division (Armory)  
65 Central Ave., Lewiston

# YOUTH ACTIVITIES

## YOUTH WRESTLING

Lewiston Recreation is proud to offer Youth Wrestling for the Winter Season. Join Coach Joe Schreiber as he teaches you the basics of wrestling and encourages you to grow your abilities on the wrestling mat! *USA Wrestling Membership needed*

### Intro to Wrestling

**WHEN:** Mondays - September 12<sup>th</sup> - October 3<sup>rd</sup>

**TIME:** Juniors (Age 4 to 8) 4:30pm - 5:30pm  
Seniors (Age 9 to 14) 5:30pm - 6:30pm

**COST:** \$55, \$35 Lewiston/Auburn Resident Discount

**WHERE:** Lewiston Armory Gym - 65 Central Ave.  
*Head Gear available!*

### Wrestling

If you enjoyed Intro to Wrestling you will definitely enjoy Coach Joe Schreiber taking you to the next step of your wrestling ability! With practices two times a week you will learn what it takes to wrestle at any level!

**WHEN:** Mondays & Fridays - January 2<sup>nd</sup> - March 3<sup>rd</sup>  
(No Program: 1/16 & 2/20)

### TIME:

Mondays: Juniors (Age 4 to 9): 5:30pm - 6:30pm  
Seniors (Age 10 to 14): 6:30pm - 7:30pm

Fridays: Juniors (Age 4 to 9): 4:30pm - 5:30pm  
Seniors (Age 10 to 14): 5:30pm - 6:30pm

**COST:** Junior \$90, \$70 Lewiston/Auburn Res. Discount  
Senior \$100, \$80 Lewiston/Auburn Res. Discount

**WHERE:** Lewiston Armory Gym - 65 Central Ave.  
*Head Gear available!*



## SKIING/SNOWBOARDING @ LOST VALLEY

We'll be on the slopes at Lost Valley this winter for skiing and snowboarding. The Lost Valley Club Program introduces its members to a recreational sport that can truly be enjoyed throughout a lifetime. It encourages exercise and physical activity, and challenges students to learn new skills. The 6 week program will give participants access to top-notch instructors and the most deeply discounted program at Lost Valley. Choose between skiing and snowboarding with rentals available too!

**AGE:** At least 7 years old and 48' tall by 1/1/17

**COST:** \$66 for Lift Ticket  
\$126 for Lift Ticket/Lesson  
\$65 for Ski/Snowboard Rental Package  
***Must get fitted for Rental Package before 12/30***

**WHEN:** Tuesdays - 6:00 pm - 7:00 pm  
***Lift Tickets are good until closing each lesson night***

**DATES:** January 3<sup>rd</sup> - February 7<sup>th</sup>

**WHERE:** Lost Valley Ski Area  
- 200 Lost Valley Road, Auburn, ME



## 10ANDUNDERTENNIS

### DROP-IN RED COURT TENNIS

Red Court Tennis is a modified version of large scale tennis where children 10 and under can find success in the sport by using smaller rackets, shorter courts, and low bounce Red Tennis Balls. Parents are welcome to come and play tennis with your child.

**AGE:** 4-10

**COST:** \$1 Drop-in Fee/Per Participant

**WHEN:** Fridays - December 2<sup>nd</sup> - March 31<sup>st</sup>  
(No Program 12/23)

**TIME:** 3:00 pm - 4:30 pm

**WHERE:** Lewiston Recreation - 65 Central Ave



The need is constant.  
The gratification is instant.  
Give blood.



**American  
Red Cross**



# **BLOOD DRIVE**

Lewiston Memorial Armory

Drill Room

65 Central Ave., Lewiston

**Wednesday, October 5<sup>th</sup>**

**11:00 AM – 4:00 PM**

Contact information: Cheryl Morin

207-513-3005

cmorin@lewistonmaine.gov

**redcrossblood.org | 1-800-RED CROSS**



# YOUTH ACTIVITIES

## HOLIDAY CAMP

Holiday Camp is designed for ages 6-12 years old. Children join us for a day of arts and crafts, games and lots of fun during winter break.

**AGE:** 6-12

**DAILY COST:** \$50, \$30 Lewiston Resident Discount

**WHEN:** December 27<sup>th</sup>-30<sup>th</sup>, 7:30 am - 5:30 pm

**WHERE:** Lewiston Recreation Division (Armory)  
65 Central Ave., Lewiston

## FEBRUARY VACATION CAMP

Join us this break as we invite Mad Science to the Armory for some unique experiences. They will use interactive demonstrations, hands-on activities, take home projects and active learning games to make science fun.

**AGES:** 6-12

**COST :** \$220, \$200 Lewiston Resident Discount  
Daily Rate - \$75, \$55 Lewiston Resident Discount

**WHEN:** February 21<sup>st</sup>-24<sup>th</sup>, 9:00 am - 3:00 pm  
*Tuesday-Friday (President's Day Observed Monday)*

**WHERE:** Lewiston Recreation Division (Armory)  
65 Central Ave., Lewiston



## TODDLER GYM

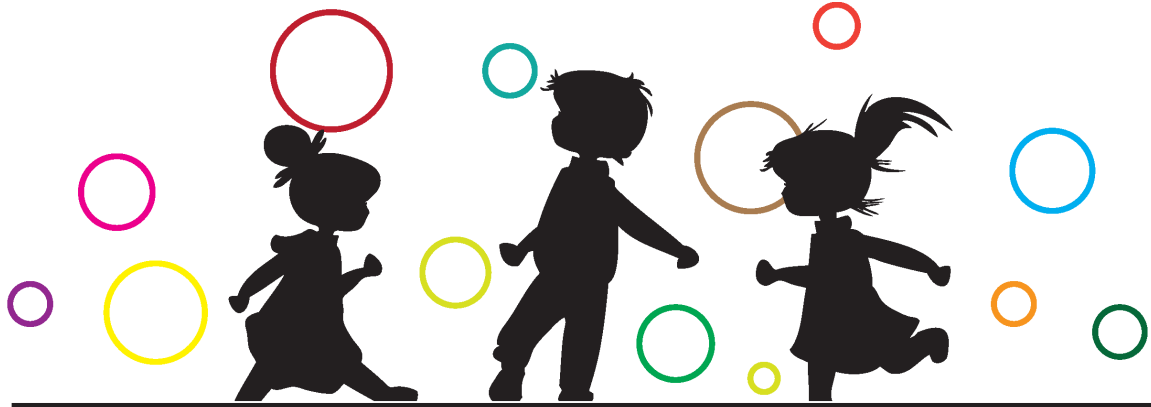
Toddler gym is for children 5 and under to come to the Armory Gym and socialize with other children. We will have many types of balls and equipment for participants to play with. Children must be accompanied by an adult.

**AGE:** 5 and Under

**COST:** \$2/Lewiston Family  
\$3/Non-Resident Family

**WHEN:** Wednesdays & Fridays  
Starting November 16<sup>h</sup>, 2:00 pm - 3:00 pm

**WHERE:** Lewiston Armory Gymnasium  
65 Central Ave., Lewiston



# Pediatric Associates

*of Lewiston*

*Serving the Community Over 50 Years!*

# ADULT ACTIVITIES



## LEWISTON SOCIAL TENNIS LEAGUE

The league will only have doubles COED play. There will be 3 sets first to six games format. The team captain(s) will be in charge of determining the line up each week. Teams are co-ed and must have at least 3 players, with the minimum of one female on the roster.

**AGE:** 21+

**COST:** \$70, \$50 Lewiston/Auburn Resident Discount

**WHEN:** Tuesdays - September 13<sup>th</sup> - October 18<sup>th</sup>

**TIME:** 6:00-8:00pm

**WHERE:** Franklin Pasture Tennis Courts  
156 East Ave., Lewiston



## FALL BALL MEN'S/COED SOFTBALL

Join us for another season of Fall softball. Men play Sunday morning 8:00 am -1:00 pm then Coed 1:30 to 5:00 pm. We start the weekend after Labor Day and finish by last weekend in October, includes playoffs.

**AGE:** 18+ (17, with parental permission)

**COST:** Men - \$600/team  
Coed - \$375/team

**WHEN:** Sundays  
September 11<sup>th</sup>-October 30<sup>th</sup>  
Men - 8:00 am-1:00 pm  
Coed - 1:30 pm - 5:00 pm

**WHERE:** Randall Road Ballfields  
381 Randall Rd., Lewiston

## ADULT VOLLEYBALL

The Leagues are comprised of Co-Ed divisions A, B1-B2, and Women's and Men's Divisions. All divisions in the League are accepting Teams and players.

**Men's Volleyball** – Mondays @ Lewiston Armory  
65 Central Ave., Lewiston

**Women's Volleyball** – Mondays @ Lewiston Armory  
65 Central Ave., Lewiston

**Coed B1 & B2** – Wednesdays @ Longley School  
145 Birch St., Lewiston

**Coed A** – Thursday @ Longley School  
145 Birch St., Lewiston

Anyone interested in entering a team, or would like to participate as a player in one of the leagues please contact the City of Lewiston Recreation Division at 513-3005. Organizational meeting date TBD.

## PICKLEBALL

Pickleball is traditionally played on a badminton-sized court with special paddles, made of wood. The ball used is similar to a wiffle ball, but slightly smaller. The lower net and wiffle ball allow the game to be accessible to people of all ages and abilities

**AGE:** 40+

**COST:** \$2 drop in Lewiston/Auburn Resident  
\$3 drop in Non-Resident

### 2 LOCATIONS

**WHEN:** Mondays (No 10/10, 12/26, 1/2, 1/16, 2/20)  
Starting September 19th, 9:00 am - 12:00 pm

**WHERE:** Lewiston Recreation Division (Armory)  
65 Central Ave., Lewiston

**WHEN:** Tuesdays & Thursdays  
Starting September 20<sup>th</sup>, 9:00 am - 12:00 pm

**WHERE:** Auburn Recreation Department  
Hasty Community Center  
48 Pettengill Park Rd., Auburn



# SENIOR ACTIVITIES

## UPCOMING TRIPS

### **Sept. 20, 2016 Wine Tour**

Travel to Two Hogs Winery in Vassalboro for some exploring and a wine tasting. Go to Ruby Tuesday for lunch on your own, and then proceed to Tree Spirit Winery and Distillery for another tour and tasting.

*\$45 – covers bus, tasting and tip.*

*Deadline to sign up is September 1, 2016*

### **Nov. 11-21, 2016 Branson Show Extravaganza**

Trip includes 10 nights lodging, 18 meals, 3 morning shows and 3 evening shows, cruise table rock lake on the showboat Branson Belle with dinner and show included. Free time at Branson Landing for shopping and dining. Tour of historic downtown Branson.

*\$999 pp double occupancy - \$75 due upon signing*

### **Nov. 30 – Dec. 2, 2016 Christmas tour at the White**

#### **Mountain Resort**

Trip includes 2 nights and 5 meals, 3 different Christmas shows and a Train Ride on the “Apple Cider Express” with a visit to the White Mountain Store and Cider Mill.

*\$425 pp double occupancy - \$50 due upon signing*

### **Sept. 15 – 22, 2017 America’s Cowboy Country**

Trip includes 8 days, 7 breakfasts, 1 lunch and 3 dinners. From Jackson Hole, Wyoming to South Dakota, the highlights are a relaxing Wildlife Float Trip on the Snake River, Grand Tetons, Yellowstone National Park, Buffalo Bill Center of the West, Deadwood, Crazy Horse Memorial, Mt. Rushmore, Badlands National Park, a traditional chuck wagon dinner and more.

*\$3299 pp double occupancy - \$250 due upon signing*

### **Oct. 27 – Nov. 6, 2017 New Orleans**

Trip is 10 nights including 4 consecutive nights in the New Orleans area, 10 breakfasts and 8 dinners. Guided tour of Louisiana Plantation and relaxing riverboat ride on the Mississippi river. Visit the National World War II Museum and take a guided tour of New Orleans and more.

*\$989 pp double occupancy - \$75 due upon signing*

For more information please contact:  
Claire Bilodeau - (207) 784-0302 or  
Cindy Boyd - (207) 345-9569

## LEWISTON SENIOR CITIZENS MEMBERSHIP INFORMATION

Membership in the Lewiston Senior Citizens is open to all residents in Lewiston and surrounding communities who are adults age 50 and over. The cost is only \$10 per year and includes a monthly mailed newsletter.

A Board of Directors oversees the running of the Lewiston Senior Citizens. Many volunteers are needed and welcomed.

### **Contact**

Lewiston Senior Citizens Office  
Lewiston Memorial Armory  
65 Central Ave.  
Lewiston, ME 04240  
Phone: (207) 513-3059 x3710

### **Hours**

Monday - Thursday (Closed on Fridays & Holidays)  
8:00 am - 12 pm

## WEEKLY / MONTHLY ACTIVITIES

### **Mondays**

Lewiston Bridge Club 9:00 am - 12:30 pm

General monthly meeting

\*1<sup>st</sup> Monday of the month at 1:00 pm

### **Tuesdays**

Lewiston Bridge Club 9:00 am - 12:30 pm

Pitch League 1:00 pm - 4:00 pm

### **Wednesdays**

Bingo 2<sup>nd</sup> & 4<sup>th</sup> Wednesdays at 12:30 pm

### **Thursdays**

Cribbage League 9:00 am - 11:30 am

Pinochle League 1:00 pm - 3:30 pm

### **Fridays**

Card and Game Day 12:30 pm - 4:00 pm

Pitch League 12:00 pm - 3:30 pm

Adult Coloring 1st & 3rd Fridays 1:00 pm - 3:00 pm



# LEWISTON RECREATION DIVISION

## FALL / WINTER 2016 / 2017

### PROGRAM GUIDE

Look for the



for added offerings from the Recreation Division:

SKIING/SNOWBOARD @ LOST VALLEY  
RED COURT TENNIS  
LITTLE ARTISTS - NEW DATE/TIME

YOUTH WRESTLING  
ADULT SOCIAL TENNIS  
INDOOR FUTSAL SOCCER

Keep an eye out  
for details about  
the 2016 Twin  
Cities Holiday  
Celebration!

**Register Today!**

**In Person: Lewiston Memorial Armory, Mon. - Fri. 8:00am-4:30pm**  
**65 Central Ave., Lewiston**

· **Phone: (207) 513-3005**

· **Fax: (207) 786-0783**

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